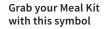


Steak Frites & Café de Paris Sauce

with Garlicky Green Bean Salad

TASTE TOURS









Potato





Green Beans





Cherry Tomatoes





Dijon Mustard

Worcestershire Sauce





Beef Rump

Curry Powder

Mixed Salad Leaves



Parsley



Step into the heart of France with this classic - steak frites! Tender beef rump is accompanied by hand-cut fries, with a deeply flavourful creamy sauce to dip in to. This dish promises an unforgettable rendezvous with the flavours of Paris, right on your plate.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamić)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

ingi caici ico			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
onion	1/2	1	
garlic	3 cloves	6 cloves	
green beans	1 small packet	1 medium packet	
cherry tomatoes	1 medium packet	1 large packet	
cream	1 packet	2 packets	
Dijon mustard	½ medium packet	1 medium packet	
Worcestershire sauce	1 medium packet	1 large packet	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
curry powder	½ sachet	1 sachet	
mixed salad leaves	1 small packet	1 medium packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
parsley	1 packet	1 packet	
* Damen : Itama			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3684kJ (880Cal)	538kJ (129Cal)
Protein (g)	42.1g	6.2g
Fat, total (g)	58.2g	8.5g
- saturated (g)	34.5g	5g
Carbohydrate (g)	47.6g	7g
- sugars (g)	25.3g	3.7g
Sodium (mg)	337mg	49mg
Dietary Fibre (g)	9.2g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until just tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, thinly slice onion (see ingredients).
 Finely chop garlic. Trim and halve green beans.
 Halve cherry tomatoes.
- In a medium bowl, combine cream, Dijon mustard (see ingredients) and Worcestershire sauce. Set aside.



Cook the beans

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans, tossing, until tender, 3-4 minutes.
- Add half the garlic and cook until fragrant,
 1 minute. Transfer garlic beans to a large bowl and set aside.



Cook the beef

- See 'Top Steak Tips' (below). Place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper.
- Wipe out frying pan and return to high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Make the sauce

- While the beef is resting, return frying pan to medium-high heat with a drizzle of olive oil. Add onion and cook until tender, 4-5 minutes.
- Add remaining garlic and curry powder (see ingredients) and cook, until fragrant, 1 minute.
- Add mustard cream mixture to the pan and simmer until thickened and slightly reduced,
 1-2 minutes. Season with salt and pepper.



Serve up

- To the bowl with the beans, add cherry tomatoes, mixed salad leaves and a drizzle of vinegar and olive oil. Toss to combine and season to taste.
- Slice beef rump and bring to the table with potato frites, garlicky green bean salad and café de Paris sauce. Tear over parsley to serve. Enjoy!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 2. Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done is firm.
- **3.** For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

